



## Types of Stressors

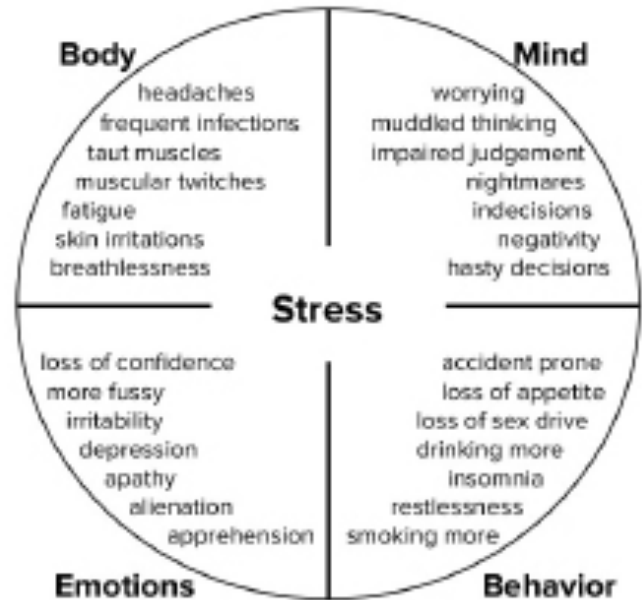
**Biological or Body Stressor:** is caused when a person puts stress on their body. Examples would be intense exertions, manual labor, injuries, infections, and extreme temperature changes (heat or cold exposure).

**Environmental Stressor:** is caused by environmental pollutants such as cleaning chemicals or pesticides. A person who does not have their physical needs met (air/water/food/shelter) might also experience environmental stress.

**Cognitive/Thinking/Mind Stressor:** is caused when a person has a lot of difficult decisions to make all at the same time. The brain is on overload. Perfectionism, worry, studying for a huge exam or interview, and anxiety might contribute to cognitive stress.

**Personal Behavior Stressor:** is when a person's lifestyle choices put them at risk for being safe and healthy. Decisions a person makes related to drug, tobacco, alcohol use and/or being sexually active might cause the person to feel an increased sense of unmanageable stress. Making decisions that would put you in legal trouble (stealing/cheating/drinking underage/etc.) would be another example of personal behavior stress.

**Life Situation Stressor:** would be factors that one does not choose and/or things that happen that are beyond your control that might cause stress. Examples might be the death of a person or pet, moving to another community because your parent got a new job, trouble with relationships, challenges with life goals, loss of something or someone you needed or wanted, etc.





Dear \_\_\_\_\_,

Today you talked in your class about kids who wrote to you about their life. Well, I thought you would be a good person to talk to because I have a lot of stuff going on and I don't know what to do!

I am pretty bummed and scared. My life is hard for me to handle and I cry a lot over little things. I feel out of control.

I am traveling down a road that doesn't lead me anywhere and I feel I have no one who cares for me. School is hard for me. I am not very good at it and it bores me sometimes (not your class, of course).

At home, it's not much better. My dad drinks a lot and yells at me. It is hard not to listen because he shouts pretty loud. He is constantly telling me all the things that I am doing wrong. Even though he is not telling the truth, I am starting to believe him when he tells me that I am nothing and stupid. My mom does nothing. I think she feels trapped too.

I thought that if I didn't eat and lost a lot of weight, maybe my dad would think I was worthwhile and pretty. Maybe my peers wouldn't call me fat or stupid. Well, I got pretty sick and my friends worried about me because I would go for days without eating anything. I even scared myself when I passed out in school.

What scares me the most are the choices that I have made about my own drug use. I find myself hanging out with the smokers and going to parties on weekends. I am becoming my father and that makes me mad!! I am becoming exactly what I hate!!

I am losing myself. I am allowing my boyfriend to decide what I wear and do. I feel out of control!!

HELP! I sometimes think the world would be a better place without me! I really need to talk to someone. Do you have the time?

THANKS,  
Sarah (14 year old in your 4th-hour health class)

PS I have a little brother.



STRESSOR	STRESS MANAGEMENT
Low Self-Esteem	
Academic Failure	
Child of an Alcoholic	
Verbal Abuse	
Eating Disorder	
Tobacco Use	
Alcohol Use	
Unhealthy Relationships	
Suicide and Depression	
Other...	



**Low Self-Esteem**

**Academic Failure**

**Child of an Alcoholic**

**Verbal Abuse**

**Bullied**

**Eating Disorder**



**Tobacco Use**

**Alcohol Use**

**Unhealthy Relationships**

**Suicide and Depression**

**Other**



A stressor is a chemical or biological agent, environmental condition, external stimulus or an event that causes stress to a person.

An event that triggers the stress response may include:

- Daily stress events
  - traffic, lost keys, quality and quantity of physical activity
- Life changes
  - divorce, death, break-up with a partner, car accident
- Workplace or school stressors
  - a lot of school work, presentations, tests
- Environmental stressors
  - hot or cold temperatures, elevated sound levels, crowding
- Chemical stressors
  - tobacco, alcohol, drugs
- Social stressor
  - friend and family demands



Stressors have physical, chemical, and mental responses inside of the body which can cause illness or impact a person's health in a negative way.

List the stressors that are identified in the letter in the first column. In the next columns use a check mark to identify what area(s) of wellness the stressor impacts.

Stressor:	Social	Physical	Emotional	Career/ School	Intellectual	Environmental	Spiritual
1. Father yelling at her			✓				✓
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

For more information about Dignity Revolution, visit [DignityPledge.com](http://DignityPledge.com).

© 2019 Dignity Revolution. All rights reserved. Do not reproduce without express written consent from Dignity Revolution.